4-1990

The NEBLINE, April 1990

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Dear NEBLINE Readers:

This April issue of the NEBLINE marks the fifth issue of our combined newsletter from the extension office. In December of 1989 we merged the traditional agriculture, horticulture, home economics, and 4-H newsletters. We combined four mailing lists and eliminated the duplications. Currently, the NEBLINE mailing list includes about 7,000 farms and homes. If you are receiving more than one issue of The NEBLINE please let us know.

Newsletters are referred to as "direct mail" within educational or sales trades. Direct mail is one of the most effective means of marketing. Marketing educational programs is a serious business. Direct mail costs money to produce, print, and mail. We are always looking for cost effective ways to provide educational information. That is why we combined the four extension newsletters.

Has the combined newsletter worked? The answer is "yes" and "no." Yes, we are giving you three times more information as you were receiving through a single newsletter. No, we have combined postage costs. The NEBLINE cost is one cent per copy more than the previous newsletters. The new four newsletter formats are printed commercially. The previous four newsletters were published on recycled paper.

The labor saving is more difficult to identify. We estimate we have saved approximately 40 work hours per month.

We have received many compliments from readers.

Updated Recommendations for Home Canners

The "Complete Guide to Home Canning" is an updated book on home canning published by the USDA. Extension research, done under the direction of Gerald D. Kuhn, Ph.D. at Pennsylvania State University, indicated a need to change processing times for some foods to insure the same quality as before.

This new canning guide has information about selecting, preparing and canning fruits, vegetables, poultry, red meats, fish, jams, and fermented and pickled foods. It includes seven chapters with more than 100 recipes and basic information for both boiling water and pressure canning methods.

For safe canning this summer, please order a copy of "Complete Guide to Home Canning" by sending a check in the amount of $11 made to Superintendent of Documents, 571-7148.

Is Your Electric Fence a Fire Hazard?

Pasture Burning

Schools Announced

Burning of excessive residue in pastures is a good management tool for permanent native pastures and places where it is not necessary, even though it is a risky task, it can be done safely. That is, if the manager uses a properly equipped and trained device.

Two Pasture Burning Schools will be held in the Lincoln area during April. The first will be held at the Lancaster Extension Center on Saturday, April 7, starting at 8:30 a.m. The second will be held at the Ashland Fire Station on April 10 in Ashland starting at the same time.

Participants at both schools will receive instructions on the nature and behavior of fires, fundamen­

tals of fire control, how to plan and conduct controlled burning of a pasture, and burning tech­

iques.

PASTURE BURN SCHOOLS
University of Nebraska Cooperative Extension
Lancaster County

April 21-20, 1990

4-7 p.m., $4.00

The registration fee is $4.00 per person for one or all four workshops. Please preregis­

ter by calling 471-7180.

Whether you're 23, 43, or 63, retirement planning should be a part of your personal financial plan. It's crucial to address your health and financial needs now.

Investing in Your Future!

We’re not getting any younger and the cost of liv­

ing is increasing every day. There are two of the best reasons to attend the up­

coming series of work­
shops, "Investing in Your Future."

What will you learn...

April 18 Insurance

What you need, types of poli­

cies and companies, how to

choose the right insurance, providing for good health care at a reasonable cost.

April 25 Investments

Explore the variety of in­

vestments available, how to

get started, and what are the

risks involved.

May 2 Estate Planning

Wills, Trusts, and General

Estate Planning

May 9 Your Health, Now

How to keep yourself healthy, what to expect and why it happens.

Workshops will begin at 7

p.m. and last two hours.

3-6 p.m. at the University of Nebraska Cooperative Extension
Lancaster County

Italian-Style Food

Making the Right Insurance

Choice

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Pest Control in the Early Garden

Recognizing insects that might take a bite out of early vegetables and act promptly is the gardener's best protection against early season pests.

You should check the soil to see if such pests as cutworms, slugworms, and white grubs are present. Cutworms are hairless caterpillars that can often be found curled up just beneath the soil around the base of plants, usually during the night or when they chew holes through the plant stalk. The stem becomes weakened and the plant falls over when the cutworms are feeding. Slugs and slugworms are often found crawling around the base of plants. Like cutworms, slugs live in the soil and feed on plants at night. They can be controlled by eliminating mulches that provide cover for these pests and by hoisting boards between rows. Remove the boards during the day to expose the slugs to dryness and heat.

Slender, dark brown wireworms and fat, white grub root-crop pests. They're most often a problem in areas that are newly developed. One way to control them is to fill the soil several times to displace the grubs. This often brings the grubs to the surface where birds will eat them. Diuron is a chemical for these pests. If either wireworms or white grubs are present in large numbers, damage will be severe.

Cabbage maggot pods, seed corn maggots and onion maggots are the larvae of flies that lay eggs on one of these hosts. The larvae’s feeding on the roots kills or damages the plant. Cabbage maggot attack crops, such as broccoli, brussels sprouts, cauliflower, onions, leeks, garlic, kale, squash, and tomatoes. Flea beetle may be controlled with Sevin (carbaryl).

Even plants started indoors may not be safe from insect pests. Weeds growing in the soil under the pot-planted plants will also infest vegetable plants. Keep your garden free of weeds covered with a white powdery substance. Their larvae look like small, white bumps on the plant.

Toxic chemicals are most often noticed when they hover around lights at night. Use common sense in choosing a method of pest control. Be reasonably well controlled with any household aerosol containing pyrethrine.

Don’t worry about re- moving snail or slug trax, because they contribute very little to thatch buildup. Most of the conclusions of University of Nebraska researchers who conducted a two-year field study of thatch accumulation at the University of Nebraska-Lincoln. The researchers found, for example, that “Mayer zoysia grass (Z. mayeriana var. ‘K393’) had a pronounced tendency to form thatch. Cultural management procedures for Zoysia trelle are needed, because of the high cost of mechanical methods for reducing thatch, such as top dressing, aeration, and core cultivation.

A year before the study began, the researchers only slightly to either the “vertical” or to eliminate them. Three parameters were manipulated: nitrogen fertilization (N), fungicide sprayings (R), and herbicide application (D). For example, strips of N per acre annually, sprayings of fungicide on the leaves of M. Mayer, and herbicide sprayings removed (vs. hot, removed), and applications of growth retardants (none vs. furiprimid or piconid). This research is a definite correlation between nitrogen fertilization and Zoysia thatch accumulation. Derived from mangels leavings clippings harboring increased thatch. Use of proper tools or acceptable sprayer recommendations is recommended to reduce thatch buildup.

Questions and Answers

Q. Is there any real advantage to planting tomatoes indoors?

A. If you warm the soil before planting by covering it with plastic and protect the tops of the plants against frost and cold temperatures, you may be able to start harvesting tomatoes earlier than usual. Warming the soil is critical — even necessary — for strong root development. If the soil is not warm, then nutrients from the soil cannot move through the plant roots. This means that the plant may lose some or all of its nutrients to its environment.

Q. What flowering annuals do well in shaded spots?

A. If your patio is on the north side of my house, I'd like to plant something colorful in the narrow bed between the house and the patio. I need to fertilize again this spring? Amaryllis, fibrous-rooted begonias, tuberous begonias, coleus, and impatiens are the most popular and widely available flowering annuals for shade. Impatiens, coleus, and impatiens are probably the most popular and widely available flowering annuals for shade.IMPATIENS, COLEUS, AND IMPATIENS are probably the most popular and widely available flowering annuals for shade.IMPATIENS, COLEUS, AND IMPATIENS are probably the most popular and widely available flowering annuals for shade. The smallest, most colorful, and the least and bear many small but beautiful colors. Some tuberous begonias produce flowers nearly a foot in diameter in brilliant shades of red, pink, coral, purple and white. Amaryllis is probably the most popular and widely available flowering annuals for shade. 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Cooking and Keeping Eggs Correctly

The extension office typically receives several calls about eggs this time of year. Here are answers to some of the most common questions:

What causes hard-cooked eggs yolks to turn a green color?

Regardless, green or grey coating of the yolk, caused by iron and sulfur compounds, is formed when eggs are overcooked. Eggs with this coating are still wholesome and nutritious, and their flavor is not affected.

How do you avoid this discoloration, cook eggs properly and cool them after cooking?

1. Tapping gently caused by iron and sulfur compounds, is formed when eggs are overcooked. Eggs with this coating are still wholesome and nutritious, and their flavor is not affected.

2. Run cold water over the eggs immediately or put them in ice water until they're cool.

3. Store them at room temperature for a few hours before refrigerating.

4. Warm ed Easter eggs with broken shells should not be sold. If they are to peel easily. To help prevent peeling, put the eggs in a container and freeze. Use in two or three months before they are used.

5. Leave the hard-cooked yolks in one piece, seal in an air tight container and freeze. Do not hold for one week in the refrigerator. Do not hold for more than four hours.

6. If you want very fresh eggs for hard-cooking, let them stand at room temperature for a few hours before cooking.

7. Shred equal numbers of parsnips and carrots. Blanch in boiling water for one minute, then cool in cold water.

8. Cover the pan and quickly bring the water to a boil. Turn off the heat and remove the eggs from the pan. Use in two or three months before they are used.

9. Put equal numbers of parsnips and carrots in a bowl of cold water to help cool the shell.

Eggs Correctly

Eggs should not be peeled immediately after they are removed from the pan and cooled. Let them stand at room temperature for a few hours before peeling.

Why do eggs peel easily after they have been hard-cooked and cooled?

Hard-cooked eggs peel easily after they have been hard-cooked and cooled. This is because the albumen, which is the white part of the egg, becomes rubbery when frozen and is no longer palatable.

Parsnip-Carrot Saute

4 or 4 parsnips

2 1/2 cups washed tarragon leaves

Salt and pepper

Shred equal numbers of parsnips and carrots. Blanch in boiling water for one minute, then cool in cold water. Strain. Add milk, salt and pepper to taste. Serve immediately.

Extension Council To Host Feature Doctor

The Lancaster County Council of Home Extension Clubs will sponsor a two part program on Tuesday evening, May 8, in celebration of National Extension Homemakers Week. The first part of the evening will focus on improving image, self-esteem and self esteem. The second part of the evening will focus on improving image, self-esteem and self esteem.

Parsnip-Carrot Saute

4 or 4 parsnips

2 1/2 cups washed tarragon leaves

Salt and pepper

Shred equal numbers of parsnips and carrots. Blanch in boiling water for one minute, then cool in cold water. Strain. Add milk, salt and pepper to taste. Serve immediately.

Rainbow of Learning Activities

April 3, 4 and 5

Wallpapering

April 3 7 to 9 p.m. $2

Recipe Makeover

April 4 9 to 11 a.m. $2

"Hands On" Gerber Class

April 4 5 to 1 p.m. $4

Laundry Practices

April 5 9 to 11 a.m.$2

Cakes Kids

April 5 1 to 3 p.m.; $12

Cakes for Kids

April 6 9 to 30 a.m. and

Pamela Doll

April 7 9 to 30 a.m. $32

(1 session only) Jim Eno, Instrcutor

Easter Wreath Making

April 1 to 3 p.m.; $12

Scare Wreath Making

April 1 to 3 p.m.; $12

Pillowcase Doll

April 3 to 1 p.m. $5

To preregister call the extension office, 471-7180

Pressure Gauge Testing

With carring season just around the corner, it's time to get pressure gauges tested. A pressure gauge which has movable parts—and we do it without cost.

Weighted gauges (the kind that jiggie or rock) do not need to be tested. Just be sure the vent tube (open crease of food particles which can collect there) and the weight is clean.

We appreciate a call (471-7180) letting us know when you'll be bringing in your pressure canner lid with the same day we can have the testing unit hot. It takes only a few minutes of your time when you know you're coming. Or, plan to leave the lid and we'll call you when the gauge is ready to be picked up.

We DO NOT sell parts or make repairs. Contact a smoke alarm repair service if a new gauge or gasket is needed.

50-Year Members to be Recognized

Home extension club members who will reach 50 years of membership in 1990 will be honored at the Lancaster County Council's annual meeting in Milwaukee, Wisconsin, August 19-23. Lancaster County club members who are eligible for this award should notify the extension office before April 15 so that their names can be submitted.
Musk Thistle Invasions

Musk thistle is a major headache for many landowners. It reduces forage yields by robbing moisture and plant food from palatable grasses. Livestock refuse to enter heavily infested areas and will not graze close to the spiny plants. In the past 20 years, musk thistle has invaded thousands of acres of Nebraska pastureland. Musk thistles are most susceptible to herbicides when they are in the rosette stage. Once the plants bolt and begin to send up flowering stalks, treatments become less effective.

In Lancaster County the optimum time to treat musk thistles is late in April or early May. But, regardless of time, make sure spring treatments are applied before stems lengthen and rapid plant growth begins. Effective herbicide treatments to control musk thistle include 2,4-D at 1.5-2.0 qt. or 2.4-D with 0.5 pt. Banvel, or 6-8 oz. of Tordon 22K. These treatments are the most effective at the times mentioned above next to fall treat­ments.

More Agricultural News on page 7

Household Hazardous Waste Collection

The Lincoln-Lancaster County Health Department has scheduled four collection sites and dates for household hazardous wastes. All collections will last from 9 a.m. to 3 p.m.

Wednesday, April 18th - Cooperative Extension packing lot, 444 Cherry creek Road
Saturday, April 28th - Old Landfill, North 48th Street
Saturday, May 19th - Lincoln-Lancaster County Health Department Parking Lot, 2200 St. Mary's Avenue
Saturday, June 9th - Holmes Park, Parking Lot #1, 64th and Normal Blvd.

Acceptable items include: pesticides, wood pre-servatives, thinners, floor and furniture polishes, waxes and other solvents, items with PCB's, mercury and household batteries (excluding vehicle batteries).

Unacceptable items include: paint, medicines, household cleaners, automotive waste, freon, 2,4,5-T/Silvex, pentachlorophenol, pesticides that have been mixed with water, containers with over 5 gallons of waste, and general household refuse. Please place any open or potentially leaking containers in plastic bags. Chemicals should not be mixed with the label intact. If this is impossible, identify and label all materials to the best of your knowledge. Do not mix chemicals.

For more information, call the Lincoln-Lancaster County Health Department at 471-8022.

Prevent Groundwater Contamination

Groundwater is an essential natural resource. In Nebraska 82 percent of all citizens and almost 100 percent of rural residents rely on groundwater as their source of drinking water.

There are several considerations that influence the quality of groundwater while using pesticides. If a pesticide product is to be used, the best way to minimize groundwater contamination is to follow label directions exactly. Avoid an insecticide or herbicide application to sites other than those intended. Pesticide which move away from the intended target can cause problems in the environment. Nontarget applications can be caused by drift or runoff. Wind usually encourages drift, so apply pesticides when wind is at a minimum.

Smaller droplets of the chemical move easier through the air than larger droplets. Low sprayer pressures reduce the quantity of the small droplets. If the label is not followed, control may not be effective, groundwater contamination risks are greater, and you may be violating the law.

Atrazine to be Restricted-Use

The Environmental Protection Agency has classified atrazine for restricted use, which limits its sale and use by certified applicators or personal use after their distribution.

The EPA’s action along with numerous additional label amendments was prompted by the technical registrants of atrazine in an effort to reduce worker exposure and point-source groundwater contamination.

All technical and end-use products released for shipment must have amended labels after September 1, 1990. The restrictions would not apply to lawn care products with less than 2 percent atrazine active ingredient. The atrazine label will provide the following statements:

Users are required to wear long sleeve shirts and pants or equivalent, chemical resistant gloves, and water proof boots. In addition, persons involved in mixing/ loading operations are required to use chemical resistant rubber or neoprene gloves and a face shield or goggles. Ground water contamination may be reduced by digging and flooding of permanent liquid bulk storage sites with an impermeable material.

This product may not be mixed, loaded or used within 50 feet of all wells including abandoned wells, drainage wells, and sink holes. Do not apply this product through any type of irrigation system.

Fertilizer emergence application to corn and sorghum must be made before reaching 12 inches in height.

The maximum application rate for corn and sorghum is 3 lbs. active ingredient per acre per calendar year.

Establish Wildlife Food Sources

In many areas, food for wildlife can be very critical. This is especially true during severe winter storm periods. Heavy snow often covers natural food sources or waste agricultural grains, and it becomes unavailable for wildlife use. Because of heavy snow that prevents access to feeding locations, artificial feeding of wildlife is very difficult and often impossible.

It is much wiser to plan ahead, and establish food sources that will be available for wildlife use.

The Nebraska Cooperative Extension has free wildlife food plot seed mix available to establish wildlife food plots.

Plots should be located fairly close to good winter cover, so that wildlife will not have to travel very far to feed. In other words, locate the kitchen fairly close to the bedroom or living room.

Plots should also be planted in areas that are restricted to livestock. Wildlife will not reap the benefits of a food plot if it cannot have access to it, or it has been trampled to the ground.

To obtain the wildlife food plot seed, stop by the University of Nebraska Cooperative Extension in Lancaster County.
**4-H Events:**

**Upcoming Events**

- Practice Home Ec Judging - Thursday, June 14
- Looking Your Best - Practice Style Revue - Tuesday, June 26
- Home Ec, Horticulture, Computer Judging - Thursday, July 26
- Demonstration Day - Thursday, July 12, 1 p.m.
- Music Contest, Friday, August 3, 7 p.m. Kimball Hall, UNL Campus
- Style Revue Judging, August 1, First Lutheran Church

**Learn How to Exhibit**

Leaders, parents and older 4-H members are encouraged to attend the "How to Exhibit" meeting, Thursday, May 17 at 9:30 a.m. or 7 p.m. Participants will receive an update on county fair exhibits, what the judge looks for in an exhibit, how to display items for the fair and how to fill out entry tags and forms. All areas except livestock will be covered. For more information call Lonene.

**4-H Animal News**

**Sheep Tagging Days Set**

All 4-H market lambs must be tagged on one of the listed days. The first tagging day will be Thursday, May 24 from 9 a.m. to noon. The second and final tagging day will be Tuesday, June 12 from 6:30 p.m. to 8:30 p.m. Both lamb stations will be located at the fairgrounds. All lambs must be flocked for the county rate of gain contest.

**Enter 4-H Broiler Project Now!**

Four- and 5-year-old members are encouraged to enter their broilers into this project. Entry forms are available at the extension office. Completed entry forms must be returned by May 24.

**Rabbit raisers set Spring Show**

Explore the fun of rabbit raising, be a part of our show! Star City Rabbit raisers 4-H Club Spring Show will be held on Saturday, April 28 at the extension office. All members are invited to participate. Entry forms are available at the extension office or may be called, Sue Kruze at 489-0983.

**4-H Horse Events**

**District Show in Lincoln**

The 4-H District Horse Show will be held on June 20 at the Wranglers Arena in South Whidbey, WA. All District 4-H members meeting the criteria for membership are welcome to compete. There will be two classes, one for beginner and one for intermediate and advanced riders.

**4-H Rabbit VIPS Committee to Meet and Evaluate County Award Interviews**

The 4-H Rabbit VIPS committee will meet and evaluate county award interview forms. This will be held on June 20, 1990 at the Extension Office.

**4-H VIPS Needed**

We need volunteers to serve on 4-H VIPS committees for the following projects: 4-H Club Rabbits, Swine, Sheep (Petals, hamsters, parakeets, etc.), Dairy Goats and Poultry. We need volunteers for the following 4-H Club Rabbit meetings:

- May 29, 7 p.m.
- June 12, 7 p.m.
- June 26, 7 p.m.
- July 10, 7 p.m.
- July 24, 7 p.m.
- August 7, 7 p.m.

**Moms and Daughters Retreat**

reprinted from the Sept. 5, 1989 Lincoln Journal

By Kathryn Cates Moore, Lincoln Journal

Teen Council to Meet, New Members Needed

If you are at least 12 years of age and need help with upcoming fair activities Sunday, April 22 at 2:30 p.m. Teen Council will meet to set up committees and start planning activities for the summer months. An Easter Egg Hunt is planned for fun and fellowship. If you would like to know more about Teen Council, contact Mike Schepers, president, at 489-5113.

The Cloverline

4-H News and Events

Maureen Burson
Extension Agent, 4-H
Lorene Bartos
Kevin Koch
Kerensa C.
Extension Assistants, 4-H

4-H and 4-H-Teen Council are all about learning skills and experiences. They are also about learning to work with others and make new friends. There is no doubt that learning to work with others is a skill that is needed in the real world and that can help you to work effectively with others in the future.

**4-H News**

**AK-SAR-BEN Update**

AK-SAR-BEN has changed the minimum age for exhibitors for 1990. Exhibitors must be at least 15 years old. Horse exhibitors must be 12 years old. For a full list of 1990 show changes contact your club leaders.

Class Changes

Announced for State Fair 1990

High School Show

There are no changes for market lamb or the sheep lead classes at the State Fair.

- Dorset ewes born after January 1, 1990 may be shown as breeding ewes. All other breeding ewes must be born after January 1, 1990 to be shown in breeding ewe classes. All breeding ewes must be registered and tagged.

- Dorset ewe lambs born after September 1, 1988 are eligible to show in yearling ewe classes. All other breeding ewes must be born after January 1, 1990 to be shown in breeding ewe classes. All breeding ewes must be registered and tagged.

For more information contact the respective breed associations by entry date, and have a flock tag and registration tag. If a registered tag is not received by the breed association, an official "out of state" tag will be in the ear of the animal. The out of state tag system will be required. The tag flock plus the registered flock must be reprinted from the Sept. 5, 1989 Lincoln Journal.
Cornucopia Award Entries

Plan now to enter your garden in the “Cornucopia Gardening Award” program. Four-H’ers can enter in the vegetable or flower categories. Twice during the gardening season judges will come to the gardens and evaluate it in the areas of planting design, cultural practices, Pest control, gardening knowledge and gardening records. There is a junior division (9-12 years old) and a senior division (13-19 years old) in each of the two gardening categories — vegetables and flowers. Four awards will be presented at the end of the gardening season. This program is a lot of fun and a great way to learn more about gardening. For competition rules and entry blanks, contact Don Janssen at the extension office, 471-7180. All competing gardens have to be registered by May 1, 1990.

International Hosts Needed

Consider hosting a young person in one of the following programs in 1990:
- 4-H HALBO - 12 - 19 year olds and adult chaperones approximately July 25 - August 25. In the eastern half of the state.
- 4-H - High school age youth, June 9, 1990 - February 26, 1991. We will assist with high school arrangements. Young people will receive an allowance.
- CAPS - High school age youth, June 9, 1990 - 25 year olds, for a month-long stay from about August through December.

Contact: Beth Higley - 4-H Camp Recruiting Coordinator, at 489-7661 to set up a visit.

For more information, contact the extension office.

4-H Camp - Summertime Fun

Camp Recruiters are ready to share their enthusiasm about 4-H camp with your clubs. These 4-H’ers have attended camp and know what fun it can be. Call Kathi Highfield, 2-5220, or Lucy Roszcer, 471-6600 to set up a club visit. A camp registration form and details about camps, activities, and cost are available at the extension office. Additional camp flyers are available at the extension office.

RAIDERS OF THE DEEP

July 10-13, 1990
5:30 p.m. - 9:00 p.m.
The outdoor adventure camp that will have your campers sing along with the music and want to come back for more!

High Adventure CAMPS I & II

June 11-14 & June 18-21, 1990
Come to one of these two- and three-day camps to experience all sorts of outdoor activities like rock climbing, hiking, camping in the backcountry, and more.

IT’S FOR THE BIRDS

June 15-17, 1990
10:00 a.m. - 2:00 p.m.
Watch a bird bander in action. Learn how to set up a feeder, what the birds will like to eat, and how you can attract birds to your backyard. This camp focuses on the creatures of the air. It will also include a trip to North American Bird Sanctuaries at the Henry Doorly Zoo.

OUTDOOR SKILLS CAMP

May 24, 1990
10:00 a.m. - 2:00 p.m.
This camp is designed for 14 year olds and under will feature a chance to strip down the Platte River spanning at various points along the way to learn about nature and survival. Equipment and supplies are included.

First TIMEERS

July 1-3, 1990
10:00 a.m. - 2:00 p.m.
This camp will introduce boys and girls to outdoor skills like archery, camping, wildlife observation, and survival.

SPORTS CAMP

July 6-7, 1990
10:00 a.m. - 6:00 p.m.
Come to this special sports camp and try your skill at the various activities planned for this unique adventure. Volleyball, basketball, and softball will be part of this special camp. And if you haven’t had an opportunity to play soccer, this is your chance to learn. Tennis and badminton activities will also be planned. Each participant will have an opportunity to choose his/her specialty.

DISCOVERY CAMPS I & II

10:00 a.m. - 9:00 p.m.
Discover the magic that awaits you at these unique nature camps. The magic of sunshine and new friends, of gentle breeze whispering through the trees, of campfire songs and all a special touch to these exciting filled-camps.

4-H INTERNATIONAL CAMP

July 19-26, 1990
10:00 a.m. - 9:00 p.m.
International foods, culture, games, language exchanges, and Mexico vacation for Nebraska’s wildlife. Add to your experience canoes and kayaks and a trip to the Chicago Henry Doorly Zoo. Bring your binoculars and your pith helmet and you will see them.

All cancellations are subject to a $10.00 processing fee.

*Transportation provided for $5 roundtrip to camps indicated.

Young Families Struggle Financially

Youth camps this summer are straining financially. A report prepared by the Children’s Defense Fund and Northeastern University’s Center for Labor Market Studies, the median earnings of families under 30 were $36 lower in 1987 than in 1973, after adjusting for inflation. That means half of these families made more than that amount, while half made less.

While the poverty rate for all families between 1973 and 1987 rose from 9 percent to 11 percent, the rate for families with children under 18 rose from 10 percent to 13 percent. Families with more than one child had the worst situation.

While the poverty rate increased from 4.9 percent to 5.7 percent for young families without children, it leaped from 16 percent to 30 percent for young families. In 1973, one in five children lived in poverty. In 1987, one in three children in a family lived in poverty.

Possible causes noted by the report include changes in household structure including more young families headed by single parents and more non-white families, higher hourly wages, and increased part-time and temporary work. Source: American Demographics, February 1990

Teach Children to be Creative

As a parent, one of the nicest gifts you can give your child is to think and act creatively.

Creative thinking itself matters at all ages and among them differently occurring in varying situations. It means “wondering why” and being able to think through a single situation from many angles.

Children have the ability to be creative. They are adaptable and imaginative, ready to learn and eager to explore. If you encourage it, they will willingly teach themselves.

Piaget, who developed the current theories about how children learn, said, “Every time we teach a child something, we keep him from inventing it himself.” Piaget was worried about his providing for children to learn with appropriate materials and then leaving children to explore, touch, taste and discover on their own.

It is in this environment that creativity can flourish. Piaget recommends that a parent who wants a child to explore a new talent, should encourage experiments with materials and then let the child explore the possibilities.

On the other hand, you give him a box of crayons and a coloring book, they might just color all the pictures, using appropriate colors, such as green for trees and even learn to color within the lines at an early age. But they won’t develop creativity.

Parents often say that they want to teach their child to be creative, but when they sit down to work with a child, the session ends up being a disaster. Teaching your own child can be a difficult job, so do it the creative way by backing off and letting them learn some things on their own. They will probably teach you how they learn best.

Parent’s tips for allowing creative minds to develop:

- Ask questions that let imaginations run wild - not those that have right and wrong answers. Try a “what would happen if?” approach.
- Provide time, exploration, curiosity. When they ask you for answers, try to give several possibilities. Don’t hesitate to say, “I’m not sure” or “Let’s explore some more.”
- Let them take part in activities that promote use of imagination and fantasy. Possibilities include it storytelling, art, music and camping with summer educational programs. They will be exposed to a wide variety of interesting people.
- Loose up your lifestyle - spend time adding variety to your life. Take a different road home, cook something unusual, make up stories for the kids. Research shows that creative children are more creative parents, not because parents taught them how to be creative, but because the environment they lived in let them be so.
- If your child becomes more creative, he may be unlike many of his peers, but he will be confident, less inhibited, open to new ideas and insights, be able to entertain himself well and be less self-critical. Moreover, he’ll be just the kind of adult the world needs - a creative problem solver and decision maker. U73

Take a Friend - Make a Friend

4-H Membership is NOT required to attend these camps.

4-H Camps at the Eastern Nebraska 4-H Center near Gretna are summer adventures that allow your child to have an experience to share with friends. Each 4-H Camp is designed to become more independent, build self-confidence and self-worth, discover new recreational skills and develop a sense of love and respect for others as well as the outdoors.

If you’d like to see your son or daughter enjoying the fun and excitement of summer camp, help put them in a position to do so. Roll them with a friend in a 4-H Camp. All camps are overnight sessions. Check in and release times are indicated.

SPORTS CAMP

July 6-7, 1990
10:00 a.m. - 6:00 p.m.
Come to this special sports camp and try your skill at the various activities planned for this unique adventure. Volleyball, basketball, and softball will be part of this special camp. And if you haven’t had an opportunity to play soccer, this is your chance to learn. Tennis and badminton activities will also be planned. Each participant will have an opportunity to choose his/her specialty.

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4-H INTERNATIONAL CAMP

July 19-26, 1990
10:00 a.m. - 9:00 p.m.
International foods, culture, games, language exchanges, and a trip to the Chicago Henry Doorly Zoo. Bring your binoculars and your pith helmet and you will see them.

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4-H Camp Registration Form

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<thead>
<tr>
<th>County</th>
<th>Campsite Name</th>
<th>Age, Jan. 1, 1990</th>
<th>Boy</th>
<th>Girl</th>
<th>State</th>
<th>Zip</th>
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Nutrition Facts

Did you know that?

• The average cholesterol levels increase, the risk of developing coronary heart disease increases, too.
• 1/6 of American adults exercise 2 or more times per week.
• more than half of all adult Americans have blood cholesterol levels that are dangerously high.
• fruits and vegetables are consistently linked to an increased risk for coronary heart disease.
•研究 reveals that increased consumption of a food group leads to increased intake of the fats you eat are easily converted to fat in the body, whereas carbohydrates require more energy to be converted to fat and are used by the body primarily as an energy source.
• the average adult eats only 11 grams of fiber a day—much less than the 20 -35 recommended grams.
• something to keep in mind before starting another diet—whether it is with a dietician or a friend—helps to know that with each successive diet, it takes twice as long to lose weight each time, yet only one third the time to regain weight that was already lost.
• cholesterol is found only in foods of animal origin.
• frequently ask yourself if you are reading a diet book, products, and foods to try to lose weight.
• 3/4 of adults have a high blood cholesterol level, which is a warning sign that you are at risk for heart disease.
• saturated fats raise blood cholesterol levels more than anything else you eat.
• food labels list ingredients by weight, with the largest amount first, list of foods that list fat or oil first, or that list several fat ingredients.
• 1/2 cup of granola has as much hidden fat as 1 raised egg.
• crash diets have a 2-year success rate of only 2% to 5%. Many dieters find that they can't maintain the extreme diets and don't even attempt to stick to them.
• 1 ounce of fat in food has twice as many calories as an ounce of protein or carbohydrates.
• if you are overweight or obese, your body slows down the speed at which it burns calories.
• you are likely to reduce the amount of saturated fat and cholesterol in your diet.
• Source of information: American Dietetic Association.

Living With Children May Be Hazardous to Your Health

There is a link between stress and health problems. Ulcers, high blood pressure and other physical and emotional problems can be related to the amount of stress experienced by an individual.

According to author Dolores Conti, research on their behavior, discipline problems and sibling fighting are among the top three most stressful things experienced by parents. This is consistent with most of the research on parenthood.

So if you have found that the arrival of children has changed your life, then you are absolutely right.

If your children are parents going through a predictable restructure of their lives around their new child. The first three to four months after birth often seem to pass in the blink of an eye.

Visits to the pediatrician are viewed almost as a competition. "What height and weight percentiles are your child in?" When all that attention slows down, a more realistic parenting experience begins.

ABCs of Humidiifiers

Many families use humidifiers to increase the comfort of their dry homes. If you are considering purchasing a humidifier, you must be aware of some important facts.

Humidiifiers today are available in three basic types - a console, a cool mist atomizer and a steam vaporizer. The most common type of humidifier is the filter pad humidifier, which consists of fiber or foam filter pad which is moistened either by rotation through a water reservoir or by having water pumped onto it. Dry air is forced simultaneously through the wet pad by a fan. This air then picks up the evaporating water. The moistened air flows out the front of the unit and spreads throughout the home.

In most cases, a humidistat is necessary to maintain the desired degree of moisturization.

Regardless of the type of humidifier, it is important to keep the humidifier properly maintained. The second option, cool-mist atomizers, throw tiny water droplets into the air. If the water is hard, the minerals may deposit a fine white dust on furnishings. The third option, steam vaporizers, utilise a large amount of energy and can become a fire hazard. The transducer converts a small amount of water into steam by vibrating a small, dime-sized disk churning up the water into a fine cool mist. The vibration is so rapid that you can't hear the water.

The second option, cool-mist atomizers, add moisture to the air by boiling the water. For safety's sake, a steamer may not be the best choice for small children. The advantages of using steam vaporizers is that the heat will kill potential bacteria and fungi which can be found in humidifiers.

Aullah Dellenbarger, extension specialist in housing, says to select the type of humidifier that best meets your preferences. All humidifiers need regular maintenance to work well. Be sure to change the water often, cleaning the holding tank with a mild detergent and water solution. At the end of the season, the console humidifier should be cleaned. Gently squeeze a mild solution of water and vinegar through the open port to remove mineral deposits and dust that accumulates.

Groundwater Contamination

Groundwater contamination is the continued threat of pollutants in the soil around you. It can be caused by a variety of sources such as landfills, chemical plants, and even domestic water supplies.

If you are concerned about the quality of your drinking water, you should contact your local health department for information on testing and treatment options.

A Taxing Time


To maintain your own physical and mental health some self-evaluation may be required. Remember that you do not need to be available for your children 24 hours a day. Some studies have found that mothers who take time off from work and give their fathers the children to take care of are better able to deal with the stress of parenthood.

Go out occasionally; you will be amazed how much as you break as much as you do. Getting enough sleep and eating nutritious foods are important for being a healthy parent.

Children need a lot of attentionlink to being a good parent. Children need a lot of attention as well when their girls are invited over. It is also important to watch out for signs of depression. Children can have a hard time understanding their feelings and expressing them appropriately.

Are you bored of the old routine of searching for lost records needed to complete income tax filings? If you do not use tax filing services, you may have difficulty in filing your tax returns.

Are you tired of the old routine of searching for lost records needed to complete income tax filings? Do you want to prepare your tax returns yourself and save on fees? There are many methods of doing this.

If you answered yes to one or all of these questions then you need to sit down and discipline yourself to file your taxes and accurate records. There are many methods of doing this.

The Nebraska Cooperative Extension "Blue Book" for keeping records is available at your local extension office. Support is also available from the National Coordinating Committee for Agro-Events and the Nebras stock Coop and Ranch Records and Analysis Program for more information on these opportunities, call Dave at 471-7780.

Save your Family From Fire

Smoke detectors are a must in the home, but they should only be tested weekly.

Smoke detectors great reduce the chance of smoke in the home. The installation of smoke detectors is encouraged.

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The American Chestnut
Still Might Make A Comeback

The dream of blight-resistant American chestnuts is probably closer to fulfillment now than at any time since the Eutropha fungus arrived on this continent. Research projects abound and enthusiasm is running high. There is even an American Chestnut Foundation devoted to supporting breeding work. One of the most promising avenues of research is hybridization, to transfer the blight resistance of Asian chestnuts to the American species.

Copper Painted Pots For Reduced Transplanting Stress

Copper-painted pots are cheaper and easier to use than other kinds of copper barriers (such as screening) designed to protect gears roots. Herbaceous seedlings, as well as trees and shrubs, might benefit from this technique.

Apple Varieties of Yesterday

The first winter (1983-84) after a trial planting of 19 table grape cultivars was made at Princeton, Kentucky, was unusually mild, providing a chance to rate the cultivars according to winter injury. In the list below, the injury rating scale goes from 7 (no apparent injury) to 0 (dead).

- 'Niagara', 6.75
- 'Concord', 6.75
- 'Golden Musket', 5.75
- 'Reliance', 5.75
- 'Captivator', 5.42
- 'W. H. Leff', 3.07
- 'Hudson', 3.67
- 'Romulus', 3.92
- 'Canadice', 3.83
- 'Venus', 3.50

Mid-South Hardiness Rating of Table Grape Cultivars

Reports from other growers in Kentucky have confirmed the susceptibility of 'Interlaken' and 'Lakemont' to winter damage. These observations differ somewhat from hardness reports in the North during the 1983-84 winter. Fluctuating winter temperatures in the Mid-South apparently caused some 'dehardening' which caused the damage.

We may see the same kind of damage this spring due to our fluctuating temperatures in January and February.

Extension Calendar

April

1. Family Adventure Camp... 1:30 p.m.
2. Turkey Project erection due by 4-H Council - 7:30 to 8:30 p.m.
3. National 4-H Conference - 7:30 to 10 p.m.
4. Extension Assistant Applications due by 4-H Council - April 20
5. Camp Counselor Applications due by 4-H Council - April 20
6. Livestock Booster Club - 7:30 to 8:30 p.m.
7. National 4-H Conference - 7:30 to 10 p.m.
8. Newsletter Information for Day Care Centers - 7:30 to 8:30 p.m.
9. Newsletter Information for Day Care Centers - 7:30 to 8:30 p.m.
10. Nutrient Update for Day Care Centers - 1:30 to 2:30 p.m.
11. Early Deadline for Clean Up Your Act Poster Contest - 1:30 to 2:30 p.m.
12. Horse VIPS Committee - 9:00 a.m.
13. Awareness Team Applications due by 4-H Council - April 20
14. Discipline: Developing Positive Kids I - 9:00 a.m.
15. Investing In Your Future - Health and Life Insurance - 9:00 a.m.
16. All A's Driving Course - 9:00 a.m.
17. Fairboard - 9:00 a.m.
18. 55 Alive Driving Course - 9:00 a.m.
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